

FY2015 CHNA&HIP Progress Report

Monroe County

Community Health Improvement Plan

GOAL	Strategies	Progress on Strategies
Reduce teen pregnancy rate from 2008 data by at least 5 % prior to next CHNA-HIP	Distribute information regarding pregnancy prevention at the free women and men's health clinics with tear off information at bar bathrooms, public bulletin boards, restaurants.	We have received over 4000 free condoms from the state which we are distributing to some local business' that are frequented by high school students. There is always pregnancy prevention information provided at the free women and men's health clinics.
	Explore with coalition members strategies of using Facebook to promote responsible sexual behavior.	Facebook has not been used yet to promote responsible sexual behavior.
	Explore with coalition members strategies of utilizing teen moms talking with their peers regarding being a teen parent.	There are currently 2 pregnant teens at the Albia High School. At this point, the school nurse will have 1:1 meetings with any pregnant teen at least monthly and will encourage the teens to talk in groups to one another for support.
	The schools will have implemented an evidence based sex ed curriculum that is in compliance with the Iowa Department of Education standards.	The school continues to use the "Health Smart" curriculum which is evidence based. The current teen pregnancy rate in Monroe County is 4.14%. It was previously 19.8% in 2010.

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Increase access to mental health services and medical services by increasing provider availability of physicians/counselors.	Westover Center becoming a site to bring in psychology interns & residents.	Currently Dr. Thomas does not bring interns or residents because Medicaid law does not allow for billing with services provided by interns and residents.
	Collaboration with local organizations to provide services similar to employee assistance program	PH has representation on the Community Care Team which is led by Monroe County Hospital and Clinics. CHCSI and the Westover Center accept most insurances and CHCSI has a sliding fee scale for services. Both agencies allow for self referral for any counseling or mental health needs.
	Exploration with health care providers on methods to reduce wait times for appointments.	CHCSI have a therapist in the Albia office twice a week. They provide telemed services, IHH (Integrated Health Home- a Magellan funded Medicaid case management program). They provide a sliding fee scale. Self referral is allowed. They provide a behavioral health hotline and a substance abuse hotline. Dr. Thomas offers face to face counseling for adults and children and is a registered play therapist. She provided neuro feedback and auriculotherapy. Dr. Thomas does have a 6 months waiting list.
	Implement sliding fee scale in local medical clinic for self pay patients	Monroe County Hospital and Clinics has a charity care program that provided income based funding for services. Also, there is a 20% discount on coinsurance and deductibles if the bill/balance is paid in full within 30 days of receipt of the 1st statement.
	Financial Assistance available to those insured who have difficulty paying co-pays, deductibles.	There is financial assistance available to underinsured which will set up a payment plan. CHCSI and Dr. Thomas will also set up payment plans to make services more affordable.

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Reduce the obesity rate in Monroe County by 5% by 2016. Currently obesity rates in Monroe County have increased from 27% to 34%.	Create brochures to inform of opportunities available for healthy living, fitness, exercise, life style change, etc. and will be distributed to the public	Brochures have not yet been developed.
	Explore organizing county wide contest patterned after Lighten Up Iowa and collect baseline data that could include blood pressure, blood sugar, cholesterol, fat composition and weight.	In 2014, our numbers were up significantly for Lighten UP Iowa, however, there was only minimal participation in Lighten Up Iowa in 2015. We did not collect baseline data.
	Explore writing grants that may include increasing interventions that would lead to weight reduction in elderly population.	In September 2014, we had a "Better Health Fair" which was grant funded. It consisted of several local fitness vendors as well as healthy recipes that participants were able to try. There were 52 participants in addition to the vendors. Prizes were given out including 30 day memberships to local fitness sites, a Fitbit, healthy cookbooks, and Zumba classes to name a few.
	Introduction of more healthy choices at school concession stands, changing popcorn oil coconut to canola oil and nacho cheese to less trans fat.	The school continues to offer healthy options at the concession stand and school lunches follow the "Healthy, Hunger-Free Kids Act."
	Conduct a walkability assessment in the community	Completed previously
	Exploration of a bike trail at the reservoir.	Trails committee continues to meet and have developed a plan that includes 5 potential routes. Currently they have applied for a grant that would fund 1 route option, however this route would not include the reservoir. It could connect to the reservoir at some point in the future. There is a problem with the route in that it runs through someone's land so we continue to look for alternative routes.
	Exploration of an open gym at the school for family activities.	There are some open gym times available at the local school gyms however it is mainly set up for students participating in sports. The Family Life Center at the Methodist Church is available for anyone in the community for a very small donation. There is a large gym area for basketball, volleyball, walking, etc.